



Roast Vegetable & Couscous Salad

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Ingredients

- 1 medium Sweet potato, peeled and roughly chopped
- 2 Parsnips
- 3 Potatoes, peeled and quartered
- 1 large zucchini, halved, thinly sliced
- 1 medium red onion, cut into thin wedges
- 1 yellow capsicum, cut into 3cm pieces
- 250g cherry tomatoes
- 2 garlic cloves, thinly sliced
- 2 tablespoons olive oil
- 1 cup couscous or quinoa, rinsed
- 1 teaspoon Sage
- 1 teaspoon Rosemary
- 1 teaspoon Thyme
- 150g English spinach
- 1/4 cup red wine vinegar

Method

1. Preheat oven to 200C/180C fan-forced. Lightly grease a large baking tray. Place sweet potato, parsnips, potatoes, zucchini, onion, capsicum, tomatoes and garlic on prepared tray. Drizzle with oil and herbs. Toss to combine.
2. Roast for 20 to 25 minutes or until vegetables are tender. Remove from oven.
3. Quinoa option -
4. Bring 2 cups cold water to the boil in a saucepan over high heat. Add quinoa. Reduce heat to low. Simmer, covered, for 10 to 12 minutes or until water has been absorbed and quinoa is tender.
5. Couscous option
6. Boil the kettle, put 1 cup of couscous in a heatproof bowl, add 1 cup of boiling water, stir, cover with a lid or foil and leave to stand. Five minutes later, add a splash of oil, turn over with a fork to separate the grains and season to taste.
7. Place quinoa/couscous in a large bowl. Add roasted vegetable mixture and spinach. Toss gently to combine. Drizzle salad with vinegar. Season with salt and pepper. Toss gently to combine. Serve.